



Eddie A. Perez
Mayor

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-----MEDIA RELEASE-----

HARTFORD NAMED 18TH HEALTHIEST CITY FOR MEN BY NATIONAL MAGAZINE

(December 13, 2005)--- Mayor Eddie Perez is pleased that Men's Health Magazine has ranked Hartford the 18th healthiest city for men in America. Last year, the Capital City did not make the list. Data regarding quality of life, education, housing, air and water supplies, as well as overall health and fitness, were compiled to form this list of top 100 cities.

Mayor Perez says, "I am very pleased that Hartford scored an A minus and soared onto the chart. This is one more positive example of how much we are improving the quality of life for all of our residents. However, this list should also encourage and energize members of our communities to strive for healthier lifestyles, through proper diet and exercise. We have beautiful, historic parks that can be utilized for walking and jogging. Hartford is a great place to live, work, play, and learn."

The January issue of Men's Health Magazine ranks San Francisco as the healthiest city and Charleston, West Virginia as the unhealthiest. Hartford is the only Connecticut city to appear in the top 100. The only New England cities to score higher than Hartford were Burlington, Vermont (9) and Boston (15). Hartford was just edged out by Colorado Springs, CO but did rank one higher than St. Paul, MN.

The article appears in the January/February '06 issue, available on newsstands December 20th. For more information, see the attached material or contact Karen Mazzotta at 631-549-1580.